

MAY



Pick a **better snack**™

| | | | | |
|-------------|---------|--------------------------|-------------------|------------------|
| | | | | |
| Walk | Spinach | Play | Ride | Strawberry |
| | | | | |
| Catch | Plant | Walk | Blueberry | Frozen Vegetable |
| | | Family Ate Meal Together | | |
| Strawberry | Jump | | Canned Vegetables | Blackberry |
| | | | | |
| Kale | Play | Spinach | Run | Stretch |
| | | | | |
| Park (Side) | Spinach | Raspberry | Kale | Frozen Berries |



www.idph.state.ia.us/pickabetersnack



Pick a better snack™ encourages kids and families to enjoy a variety of fruits and vegetables. Complete the card by putting an "X" through the squares of fruits, vegetables and physical activities you have tried. A "bingo" is complete when you make a line of X's diagonally, horizontally, or vertically. Turn the card over for more fun!

Funded by USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer, in collaboration with the Iowa Departments of Public Health and Human Services. Iowa Food Assistance can help you buy healthy food. Visit www.yesfood.iowa.gov for more information.



MOM TO MOM

My kids have their opinions about certain things. Since they started tasting so many fruits and vegetables as part of nutrition education at school, they have really found their voice when it comes to the foods they enjoy. They have learned that you can't decide if you like a food until you try it at least once and sometimes several times. They help me make my grocery list each week and I know when they tell me they like a fruit or vegetable that they will eat it and I don't have to risk it going to waste.

~ Tracey, Mother of two in Iowa

REAL QUESTIONS. EXPERT ANSWERS.

ARE SPORTS DRINKS NECESSARY AFTER PLAYING A LONG SOCCER GAME??

FOR ANSWERS TO THIS AND OTHER QUESTIONS, CALL
IOWA STATE UNIVERSITY'S ANSWERLINE
800-262-3804 OR EMAIL ANSWER@IASTATE.EDU.

PLAY YOUR WAY.
ONE HOUR A DAY.



Children can be active after school, on the weekends and in the upcoming summer months. Make a schedule with neighbors to take turns watching children play together. This helps keep your children in a safe environment.

Everyone needs activity. Play with your kids every day. This is fun for them and fun for you too!

- Schedule time to play with your kids and work on yard work at the same time.
- Work on your garden and plant your favorite vegetables and try a couple new ones. Remember to have the kids help!
- When in doubt take out the Frisbee™, football or baseball and enjoy the great outdoors with a nice game of catch.
- Wash the family car or dog together!
- Fly a kite.
- April showers bring May flowers... go puddle stomping! Don't forget the rain boots!

CHILD'S NAME

has played Pick a **better** snack™ bingo this month.

SIGNATURE